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The Wonderful World of Whiskey

Number 16

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Please...I'm begging you: Read the whole thing. Please.

It gives me no joy to revoke MOSs. And yet I find that I'm doing it for silly stuff. Like medics who have all their recertification training done, but who don't then send in the NREMT reregistration application, either electronically or hard-copy. Those people are just as expired as those who didn't do any of their training. As I write this, there are two of them sitting in my EMT refresher course. When they get done here, they get the joy of taking the NREMT exam again. Did I mention they do it at their own expense?

Let's review:

The key to success, the key to keeping your MOS, the key to keeping (and not paying back) whatever bonus you may have received, is maintaining your NREMT certification. Stay focused. Pay attention. No...don't look over there. Over here. There'll be a test later.

There are four things you need to do every two years:

1. CPR. All medical personnel are required to maintain CPR certification. This must be either American Heart Association BLS for Healthcare Providers or American Red Cross CPR for Professional Rescuers. No substitutions. No "equivalent to" or "meets the standards of."
2. EMT refresher course or equivalent continuing education. Take a formal, 24-hour EMT refresher course, where the 24 hours are canned and neatly packaged. If that doesn't work for you, you can piece together the 24 individual CE hours in the "mandatory" subject matter areas: "*Preparatory*," 1 hr; *Airway*, 2 hrs; *OB/Infants/Children*, 2 hrs; *Patient Assessment*, 3 hrs; *Medical/Behavioral*, 4 hrs; *Trauma*, 4 hrs; *Elective*, 8 hrs. If you do the collected CE hours here instead of the formal EMT refresher course, up to 10 of the 24 hours can be done through approved on-line or correspondence courses.
3. An additional 48 hours of random continuing education.
4. Skills validation. Your competence in your EMT skills needs to be validated. If you take a formal EMT refresher course, we assume your skills are validated as part of the course. If you complete that category by a collection of CE hours, you will need to have your skills validated through other means.

CE Math (Don't put it down now! Keep reading! Focus!)

Does all that stuff sound like a huge hill? *"Impossible to do,"* you say? *"I don't do this medical stuff full time,"* you say? Let me show you a little CE math.

We're still in business at Camp San Luis Obispo. If you take advantage of an all-expenses-paid trip to California's beautiful Central Coast region, we knock out Items 1, 2, and 4, above, in one trip. That leaves you with having to find an additional 48 hours of CE. *"Too hard!"* you say? Give me another minute here:

On average, we in the Guard drill once a month. The NREMT recert cycle is a two-year period. In two years, we'll go to drill, on average, 24 times. That means that on average, all we're asking you to do is an average of two hours of medical training per drill. And I would bet that you're already doing that; you just don't know it. Or you're not documenting it.

Do you have a class on bleeding control? CE! Do you have a class on treating a chest wound? CE! Did a mass casualty drill? CE! Break open the 68W STP or the AAOS book, *68W Advanced Field Craft*, and put together your own class? CE!

"But who can validate the training?" you ask? *"We don't have a PA!"* you say. Just use the enclosed example memo, and make it your own. Then have your commander, your XO, your first sergeant, your training NCO, your ops sergeant—someone with a title who can validate that the training happened—sign the memo, and forward it to me for validation and coding. Too easy. You should keep a training record at the unit as the supporting documentation. Include whatever outline the trainer used, a sign-in roster, maybe a quiz or skill sheet for each soldier, and you're done!

But wait! There's more! If you act now....

(You're excited now. You don't even want to put it down! I know. Me too.)

I'm here to make your life even easier. No, really.

You can knock out a bunch of CE hours through other means as well.

If you're taking college courses—pretty much anything that ends in *-ology*, each one of those can be used for up to 24 hours of CE. (Anatomy, physiology, biology, sociology, psychology...yeah, I know...anatomy doesn't end in *-ology*. Deal with it.) Take two of them, and you've wiped out your "additional 48."

There are many AMEDD correspondence courses that count toward CE hours as well. You can wipe out up to 24 hours of your "additional 48" using approved correspondence courses. And you can triple-dip those. Not only do they count for CE, but they count for promotion points too. Not only do they count for CE and promotion points, but they also count for retirement points (to a limit).

There's a lot of good medic stuff in the combat lifesaver course. Take (or teach) the 40-hour CLS course, and the Army grants you 26 hours of CE. *Advanced Leader Course* (BNCOC) is good for 46 hours of CE. *Brigade Combat Team Trauma Training* (BCT3) is good for 40 hours of CE.

While we're on this subject, the National Guard Bureau contract with *68wtraining.com* (also known as *CentreLearn*) had to be suspended for lack of funding. Hopefully, come 1 October, we'll have that available to us again.

And there's other stuff as well that counts toward CE: Driver training, weapons qual, mandatory suicide prevention training, other "Army stuff"—all CE-able.

CE Math (continued)

Then there's the civilian "alphabet courses": ABLS, ACLS, AMLS, ITLS, PALS, PEPP, PHTLS. Many of those are available for free to your unit through arrangement with the folks at RTS-Med (see <http://www.usar.army.mil/arweb/organization/facilities/Pages/RTSMedical.aspx>)

And we haven't discussed what the Army has out there for you: TC 8-800, also known as *MEDIC*, for *Medical Education and Demonstration of Individual Competence*. Each table has different CE hours. Do all seven training tables, that adds up to 48 hours of CE.

The point is that there are a whole lot of easy, painless ways out there for you to get your CE done, with a minimal investment of time and hassle factor.

If you run into problems, or need help finding training resources, **e-mail me**. There are a lot of really sharp people—both military and civilian—throughout the state who can help you.

For your first NREMT reregistration

Soldiers who go through 68W AIT take the NREMT exam early in the training cycle. That means that everything that follows counts as continuing education, toward the first reregistration. Other than CPR, the reregistration requirements are completed for these soldiers by virtue of AIT completion in that rereg cycle. Skills validation was done at the AIT schoolhouse. *You still need to keep your CPR up! You still need to do your on-line rereg application.*

NREMT On-Line Reregistration Procedure. (It's like magic!)

The Army is now requiring all medics (other than those certified at the NREMT-P) level to recertify on-line through www.nremt.org. That means that all your continuing education needs to be coded in MODS. Once you've completed all your renewal training requirements, and your renewal window opens, the data automatically pushes from MODS to NREMT, but not until you've completed everything.

1. Go to www.nremt.org. Log-in. If you don't already have an account, you'll need to create one (hint: Your role is "Nationally Certified EMS Professional).
2. Click on "Manage NREMT Profile," and update all required information. Save.
3. Log out, and log back in.
4. Click on "My Certification" in the left-hand column.
5. Choose "Army" for your state, then click NEXT.
6. Select your military component (most of you reading this are NATIONAL GUARD) from the "Agency" selection.
7. Click SUBMIT.
8. Click on SUBMIT RECERTIFICATION (left-hand column again) and follow the prompts.

Combat Lifesaver

Just a reminder: Intravenous therapy is no longer part of CLS training, nor is it part of their scope of practice. It's not authorized, and it's not good medicine.

Certification versus Licensure

Having your NREMT card doesn't make you an EMT in California. If you want to work as an EMT in California, you need to present your NREMT certification to the local EMS agency. They'll train you and test you in local policies and procedures, and then you can pick up an EMT card that is good in that local county or region.

What you are is a healthcare specialist, an Army medic, and that's pretty cool.

The National Registry's newsletter had a really good article on certification versus licensure, and what NREMT certification. The point of the article is that NREMT certification doesn't mean that you're an EMT in California, or a medic in the Army. It's like the difference, for a lawyer, in belonging to the American Bar Association and having a state license. You can read the full text of the article at https://www.nremt.org/nremt/about/Legal_Opinion.asp.

DEPARTMENT OF THE ARMY
Headquarters, 123d Mess Kit Repair Battalion
666 Main Street
Left Nosehair, California 99999-5555

OFFICE SYMBOL

5 March 2006

MEMORANDUM FOR RECORD

SUBJECT: Certification of Continuing Medical Education

1. The below listed individual(s) completed classroom continuing medical education on the above date as indicated:

a. SUBJECT:

b. CATEGORY (Preparatory, Airway, Patient Assessment, Medical, Trauma, Infants & Children, or Operations):

c. CLASSROOM HOURS:

d. LOCATION:

e. INSTRUCTOR:

NAME

SSN LAST 4

NREMT NUMBER

2. Continuing medical education training records are maintained at _____. POC is _____ at _____.

SNOTNOSE M. TENTPEG
SSG, CAARNG
Training NCO

Links

US Army EMS/Department of Combat Medic Training. Lots of training resources and administrative information. Canned briefings.

<http://www.cs.amedd.army.mil/68w/HQ/HQ.htm>

Calculate reserve components retired pay. Figure out how much you'll take home for putting in your minimum 50 points worth of duty per year.

<https://www.hrc.army.mil/site/Reserve/soldierservices/retirement/retirementcalc/asp?>

Combat Lifesaver Program. Keep current with the latest info.

<http://www.cs.amedd.army.mil/clsp>

Army National Guard educational benefits. Free money!

<https://minuteman.ngb.army.mil/Benefits/Unsecured/Login.aspx?ReturnUrl=%2fbenefits%2f>

Journal of Emergency Medical Services. One of the premier journals for our field.

<http://www.jems.com>

Emergency Medical Services Magazine. The other top-notch EMS journal.

<http://www.emsmagazine.com>

Military Vaccine Agency. Lots of info.

www.vaccines.mil

MODS-68W. The Army's 68W transition and sustainment tracking database. Log in using your AKO account info, and see what the Army shows for your continuing education. Unit senior medics/training managers can get "write" access to document training that you accomplish at the unit level. Great resource.

<https://apps.mods.army.mil/68w/secured>

Training Circular 8-800, ACMS-VT, also known as *MEDIC*: <https://www.us.army.mil/suite/page/420>

National Registry of Emergency Medical Technicians (NREMT). A private organization that serves to establish a national baseline standard for emergency medical technicians. Not a certifying or licensing agency. Not a training agency. (Pet peeve: There is no such thing as an "NREMT course.") Most jurisdictions, including the Army, use NREMT registration as a part of their how they license/certify personnel to treat the ill and injured. Skill sheets, registration procedures, lapsed registration procedures, reregistration requirements.

<http://www.nremt.org>

Contact information

68W Program Office

(This only works when we have a class on)

SFC Brian Bernay

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Fax: 805-594-6572/DSN 630-6493

JFHQ-CA

ATTN: CAAD-G1-SS (SFC Bernay)

PO Box 269101

Sacramento CA 95826-9101

916-854-3253/DSN 466-3253

Fax: 916-854-4200/DSN 466-4200

And, as always, e-mail is better than calling. Send me your questions, comments, concerns, and CE documentation to brian.bernay@us.army.mil.

CALIFORNIA ARMY NATIONAL GUARD
68W TRANSITION AND SUSTAINMENT PROGRAM

The CAARNG continues to sponsor training to help you complete your NREMT reregistration requirements. Dates are, of course, subject to change.

Fill this out, scan it, and e-mail it to brian.bernay@us.army.mil.

Enrollments should be sent in NLT 30 days prior to the scheduled class date. If you're within the 30-day window, e-mail SFC Bernay for possible exception. Please mark the line next to the class in which you want to enroll. Classes may be rescheduled if minimum enrollments are not received. Information on classes at other sites will be distributed under separate cover.

EMT-Refresher (includes CPR certification). Satisfies part of your NREMT reregistration requirements. (Remember this is just the EMT refresher course and CPR renewal. You'll still need to do the rest of your CE requirements on your own or at your unit!)

___ 9-14 Aug 10 ___ 16-21 Aug 10 ___ 20-25 Sep 10 (we'll see how funding goes for the rest of the FY)

___ 12-17 Oct 10 ___ 15-20 Nov 10 ___ 13-18 Dec 10

___ 3-8 Jan 11 ___ 31 Jan – 5 Feb 11 ___ 14-19 Mar 11

Soldier's name _____

Soldier's rank _____ Soldier's unit _____

Soldier's SSN _____ Soldier's phone number _____

Soldier's e-mail address _____

Soldier's shipping address _____

Soldier's signature _____

//////////////////////////////////////For unit leadership only//////////////////////////////////////

I approve this soldier going to this training to satisfy 68W transition/sustainment requirements in lieu of AT.

Company CO/1SG printed name _____

Company CO/1SG signature _____